HOPE for Your Health 12

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God be merciful to us, and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2

Prostate Disease

The prostate is a walnut-sized gland of the male reproductive system, located in front of the rectum and just below the bladder. The prostate functions much like a "sweat gland," producing a nutrient- and enzyme-rich fluid for the sperm as they begin their reproductive journey. With age, however, this important gland becomes increasingly susceptible to nutrient deficiencies, environmental toxins, and hormonal imbalances. Such disturbances appear to contribute to a prostate enlargement which restricts urine flow, and other times leads to cancer. The World Health Organization reports that 80% of men will suffer from prostate problems during their lifetime. Benign prostate hypertrophy, or BPH, affects the majority of men over 50 years of age.

While prostate cancer is uncommon among Japanese in Japan, Japanese in Hawaii have prostate cancer rates somewhere between those seen in Japan and the significantly higher incidence experienced among Hawaiian whites. Other migrant studies also confirm that environmental factors play a more major role in cancer than previously realized. Factors that increase the risk for prostate cancer include a diet high in animal fat and excessive calcium intake but low in carotenoids and selenium. Other lifestyle factors that researchers have recently reported include the significant anticancer effects of exercise, appropriate sunlight exposures, and stress management. In fact, researchers at State University of New York at Stony Brook's medical school calculated the risk of having an abnormal PSA was three times higher for men with high levels of stress.

Symptoms of Prostate Cancer

- Blood in the urine
- Continual pain in low back, thighs, scrotum, penis or pelvis
- Difficulty with urination
- Burning sensation during urination

Cutting off the supply of oxygen to the prostate may be an underlying cause of prostatic hypertrophy (and maybe cancer) according to Dr. Ghafar and his colleagues at Columbia University (*Current Urology Report* 2002). Low oxygen supply, referred to as hypoxia, has been repeatedly linked to significant local changes in cellular responses to hormones and has also changed local tissue enzyme function. He notes that cardiovascular drugs, intended to improve circulation, have been used successfully in BPH. This may explain why some individuals have found sitz baths helpful in treating prostatic hypertrophy.

Symptoms include an increase in the urgency and frequency of nighttime urination, decreasing freedom of urine flow during the

Today's Promise

Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul and forget not all His benefits. He forgives all my sins and heals all my diseases; He redeems my life from the pit and crowns me with love and compassion. He satisfies my desires with good things, so that my youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed. Psalm 103:1–6

day, and a feeling that the bladder is not completely empty after urination. Sometimes a complete inability to pass urine results in the need for an emergency catheter placement and medication.

Conventional treatments for an enlarged prostate include various surgery strategies and/or medications to alter hormone imbalances and prostatic swelling. The exact mechanism that causes BPH is not yet clear; however, it is increasingly clear that hormone imbalances play a central role. Men who develop BPH have high levels of a very active form of testosterone called DHT which increase the prostate gland's enlargement.

Pharmaceutical medication focuses on slowing down the manufacturing of DHT from testosterone, thereby reducing DHT's ability to swell prostate tissues. Interestingly, estrogen production in males appears to enhance the conversion of testosterone to DHT, thus anything which increases estrogen in the male (ex. obesity) would theoretically favor BPH. Progesterone production in males, on the other hand, blocks DHT production. Some doctors have used this information to suggest that men may help reduce the risk of developing BPH by avoiding estrogen-like chemicals in herbicides, pesticides, and hormone-laden meat products.

Various herbal preparations, omega-3 fats, massage, sauna, and contrast hydrotherapy have demonstrated promise in reducing prostate symptoms. At the Battle Creek Lifestyle Health Center we have found that an integrative and intensive therapeutic approach can bring about a significant restoration of prostate function within about a week in men (between 45-60 years of age) who have not yet undergone prostatic surgery.

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Natural Product Adjuncts for Prostate Hypertrophy

Product	***Reference***
Saw palmetto, Stinging Nettle	*Planta Med* 2001 Aug;67(6):489-500
Pygeum africanum	*Am J Med* 2000 Dec 1;109(8):654
Cernilton	*Cochrane Db S Rev* 2000;(2)

Principles of Health

"There are many souls who wrestle for special victories and special blessings that they may do some great thing. To this end they are always feeling that they must make an agonizing struggle in prayer and tears. When these persons search the Scripture with prayer to know the expressed will of God, and then do His will from the heart without one reservation or self-indulgence, they will find rest. Self must be entirely surrendered. They must do the work that presents itself, appropriating the abundance of the grace of God which is promised to all who ask in faith" *Testimonies for the Church*, vol. 9, p. 165.